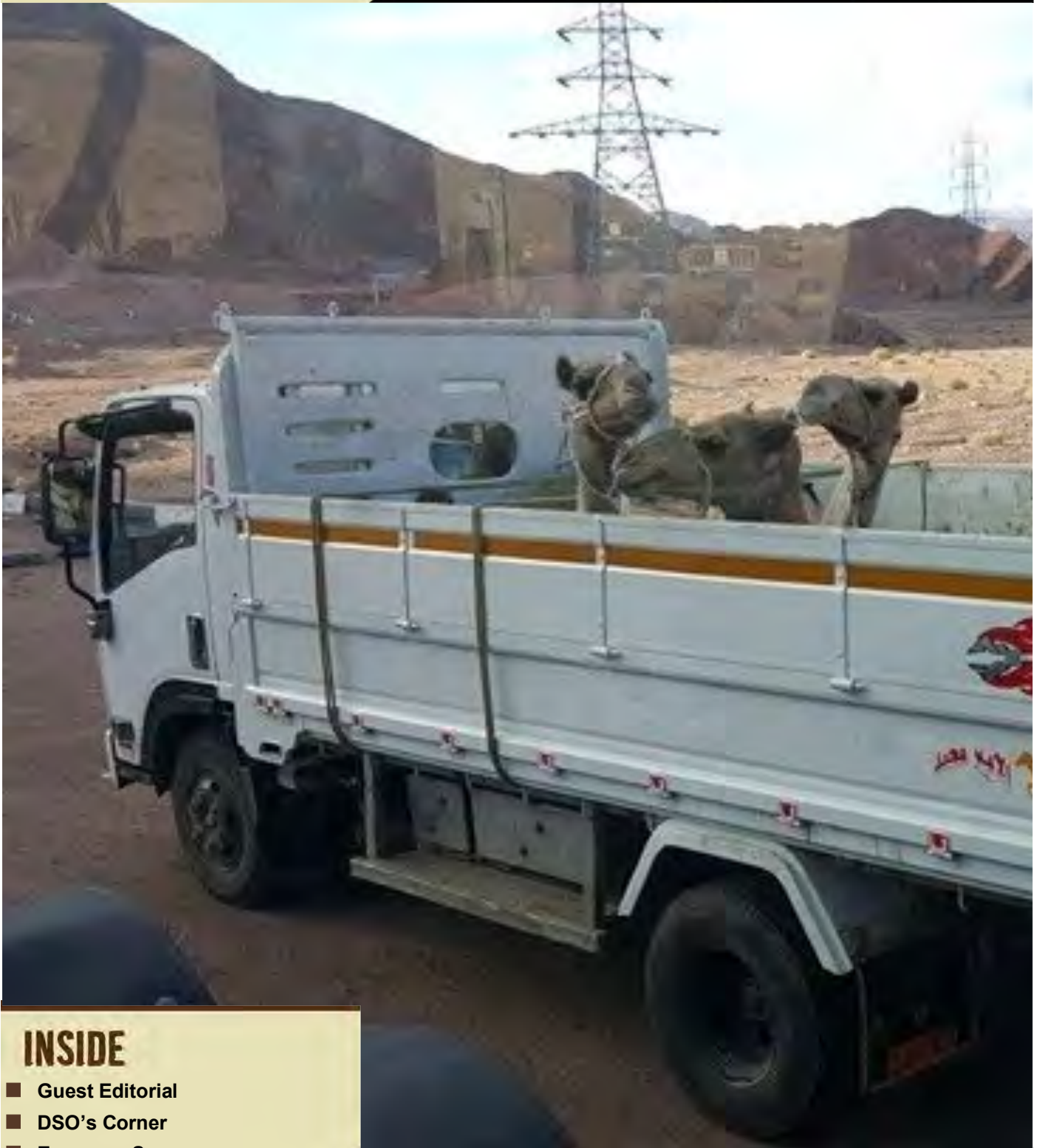


THE BUGLE

Issue 218 | February 2016



INSIDE

- Guest Editorial
- DSO's Corner
- Everyone Serves
- Did you Know?

COURAGE | COMMITMENT | COMRADESHIP | INTEGRITY

“THE BUGLE”

The Deployment Newsletter is produced for families and service personnel associated with current overseas deployments.

Deadline

Deadline for Edition 219 is
2 March 2016 at 4.00pm

Bugle contributions are welcome and should be sent to Carol Voyce.

Editor: Carol Voyce
Layout: Christine Muir
Printing: Sharyn Cameron
Mere Garton

Contributions co-ordinated by
Carol Voyce and Janine Burton

Contact Information

Carol Voyce
Deployment Services Officer
Southern Regional Support Centre
Burnham Military Camp
Powles Road
Burnham 7600
Christchurch
Ph: (03) 363 0421
Cell phone: 0274 497 565
Toll free line: 0800 DEPLOY or
0800 337 569
Fax: (03) 363 0024
E-mail: dso.burnham@xtra.co.nz

Janine Burton
Deployment Services Officer
Linton Regional Support Centre
1 (NZ) Brigade
Linton Military Camp
Palmerston North 4820
Ph: (06) 351 9399
Cell phone: 021 649 903
Toll free line: 0800 OVERSEAS or
0800 683 77 327
Fax: (06) 351 9009
E-mail: dso.linton@xtra.co.nz

Disclaimer

Articles and opinions expressed in “The Bugle” are not necessarily those of the New Zealand Defence Force.

Cover Photo:

On the road from here to there.
Camels on the move in the Sinai
Peninsula

GUEST EDITORIAL

Mrs Morgan Mosley

*(Wife of one of our service
personnel who deployed last
year)*

Being a military partner comes with many mixed emotions. There are moments I am thrilled to be married to an Army man, not just for those qualities common in military service like strength, dedication and moral kindness, but when the requirement to be fit and able carries great benefit. Like when the exhaustion of a teething baby caused me to miss the glaring *Empty* light on in my car, and he effortlessly carried a petrol can the 6kms to pick it up; or the time three exhausted children cried until they were carried, one on his shoulders, one on his back and an infant carrier on the front. And then there are times when it seems too difficult to bear, like when you find out they are deploying. In our case, it was for a six month deployment and I happened to be six months pregnant.

As you are probably reading this newsletter because you have a loved one overseas or are about to deploy, I won't share details of what it's like to go through a deployment. We have an excellent support team that can do a better job than I can, and I utilized NZDF resources heavily during my husband's posting. It had been described to me what it would be like emotionally, before and during his absence, and no doubt you will hear about the rubber band being stretched to its limit and potentially breaking. (In my case it was more like a game of jenga, holding up

strong and proud for a few weeks, and then mercilessly crumbling to the ground and continuing to do so for months – pregnancy hormones aren't the best in these situations).

It's tough for everyone involved – parents, partner, spouse, and child. When our baby had health problems and my husband was hard to reach, I found it difficult to cope. I'm ashamed to admit I questioned everything – the point of deployments, his commitment to our family, and why he had not just simply refused to go. I resolved to just 'get through it'.

My husband's was a unique UN posting that brought him through New York on his way home and I met him there with our daughter. I had read the commendation he received (which many Kiwis in that position get), but I wasn't prepared to hear what many of his international colleagues had to say. They were thankful for his service, his commitment and contribution to the mission. They were so complimentary about his work.

And that's the thing about our Kiwi partners; they consistently punch above their weight. They contribute in meaningful ways and **make a difference**. Those of us at home don't see this side. We 'get through' our deployments and rarely get the privilege of knowing why they are so important. Our men and women are making a difference. We can be mad, happy, angry, sad, alone, resolute and resilient, but please know that it does matter. We should be so proud of them, and ourselves, for all of our contributions.

FOREIGN CORRESPONDENTS

INSIDE THIS ISSUE:

| | |
|---|--------|
| News from OP TROY — A Model of the Three Services Working Better Together | Page 3 |
| News from Sinai — Kia Ora from the Sinai | Page 4 |
| News from Afghanistan — NZDF Personnel Learn from Afghan Cadets they Mentor | Page 5 |

NEWS FROM OP TROY

A MODEL OF THE THREE SERVICES WORKING BETTER TOGETHER

The New Zealand Defence Force (NZDF) has made big strides towards getting the three single Services to work better together and OP TROY is an example of this.

Located in the Middle East, OP TROY provides support to NZDF operations in the region. Apart from being a strategic NZDF presence in the Middle East, OP TROY serves

as an operational hub through which many operations transit.

“There will be very few individuals, ships and aircraft that deployed to the Middle East in the last 12 years that will not have been supported by OP TROY in some way,” said Commander Andrew, the current Commanding Officer and Senior National Officer of OP TROY.

The mission delivers tactical day-to-day support by providing accommodation, rationing, logistics, movements, distribution,

communications, finance, contract, administration and welfare support. By doing so, OP TROY is very much an enabler that provides Headquarters Joint Forces New Zealand with options for both current and future NZDF operations in the Middle East.

CDR Andrew leads a team of eight – six from the New Zealand Army and two from the Royal New Zealand Air Force.

“I am a strong believer in the need for the three Services to be able to work better together, and OP TROY provides a good example of this,” said CDR Andrew, an experienced naval Supply Officer who has previously been deployed to Bougainville, Timor-Leste, the Gulf of Oman, Solomon Islands and twice to Afghanistan.

“It is important to not simply understand the single Service capabilities but also to understand single Service cultures. Whilst we have differences, we have more in common than what separates us,” he said, adding that humour is very much on top of the list.

CDR Andrew said working in a joint operational environment does not



The OP TROY Team

FOREIGN CORRESPONDENTS CONT'D...

mean NZDF personnel have to lose their single Service identity. "I am a sailor first and foremost and I take pride in that fact. But like many sailors who are deployed on operations around the world, I am able to serve alongside our Army and Air Force colleagues in non-maritime environments."

"The key to success is to bring to the joint environment those skills and experiences you have developed within your own Service but be flexible to recognise that any particular single Service way of doing things may not be the best way to support the mission," CDR Andrew said.

"OP TROY also operates within a coalition environment and

maintains a number of important relationships in the Middle East region. In this environment, mission success hinges a lot on the ability to work effectively with coalition partners, particularly with the host nation's Base Command," CDR Andrew said.

"Although OP TROY is small in terms of the number of personnel deployed, it has the ability to reach out and leverage the use of coalition assets and capabilities. By doing so, OP TROY is able to deliver services greater than what its relatively small footprint would suggest. In return, OP TROY is always ready to assist those coalition forces seeking assistance," he explained.

CDR Andrew said working in the joint operational environment has its challenges but is rewarding.

"It is not lost on me that I am a naval officer situated within an operational air base, supporting primarily land-based operations. It is also not lost on me that as a sailor, I find myself in the middle of a desert in the Middle East, whilst my NZDF colleague, Lieutenant Colonel Richard, recently found himself at sea on HMNZS CANTERBURY during Exercise SOUTHERN KATIPO 15. But such is the nature of the NZDF today – one of joint operations and multi-environment experiences," he said.

NEWS FROM SINAI

KIA ORA FROM THE SINAI

My name is Andrew and I am currently deployed as a driver in the Egyptian peninsular of Sinai. This is my first deployment, unless you count Waiouru (in which case it would be deployment number 500). But I digress, here is a little bit about my experiences here.

Firstly, I have learned that a drop of tap water will give you severe diarrhoea for a minimum of 48 hours. Secondly, I have also learned that the Egyptian people are friendly and have a rich cultural heritage.

I am also a young father with a ten month old daughter and fiancée back home in New Zealand. Keeping in touch has not proved to be too difficult as long as the internet is working, with Facebook



Some of the driving conditions over here in the Sinai

Messenger and Skype proving to be very useful tools. I do get homesick and miss my daughter and fiancée. Luckily everyone in my section is really supportive and we all look after each other and keep ourselves busy doing our tasks, PT, going to the gym, continually training to keep our soldiering skills to a high level and working on a few pet projects.

For those of you who have yet to enjoy the sights and sounds of the desert, there is not a great deal of vegetation, so I look forward to seeing nice green grass again once I am back home.

So from everyone here in South Camp, we would like to say we miss you and look forward to seeing you when we return home.

Stay Safe and Adios.

NEWS FROM AFGHANISTAN

NZDF PERSONNEL LEARN FROM AFGHAN CADETS THEY MENTOR

Luz Baguioro
Public Affairs Manager
Joint Forces New Zealand

They come from all over Afghanistan and from a wide range of backgrounds. Some had to brave the dangers of travelling from the provinces to the Afghanistan National Army Officer Academy at Qargha, where they are training to become their country's future

military leaders. They don't speak any English yet the New Zealand Defence Force (NZDF) personnel who help mentor them said the Afghan cadets are teaching them more than any book could ever do.

"From the comforts of our homes, the news provides us stories of what is happening around the world. But when you have an opportunity to get to know people who actually live that life, day in and day out, it gives it all a whole new meaning," Captain (CAPT) Layne said.

CAPT Layne, who mentors a female Afghanistan National Army (ANA) Platoon Commander and the Company's second in command, said "many of the female cadets were thankful for the opportunity to be able to work and serve in the ANA."

"Some cadets are well-educated and come from supportive families whilst others have experienced events in their lives that are unimaginable in New Zealand," she said.

Officers and Senior Non-Commissioned Officers from four NATO countries – Australia, Denmark, New Zealand and the United Kingdom – mentor ANA instructors during a 12-month



CAPT Layne with some of the female cadets from the Afghanistan National Army Officer Academy at Qargha, Afghanistan whom she mentors

FOREIGN CORRESPONDENTS CONT'D...

commissioning course at the ANAOA at Qargha west of Kabul.

Since New Zealand troops pulled out of Afghanistan's Bamiyan Province in April 2013, a small number of New Zealand Army trainers at the ANAOA constitute New Zealand's only military presence in the South Asian country. Five New Zealand Army personnel presently form part of a team of mentors who are helping develop both male and female cadets into future military leaders, able to lead the ranks of ordinary Afghan soldiers.

"As with any mentoring or training role, there are ups and downs and a great deal of patience is required," said CAPT Samuel, one of the New Zealand mentors.

"Working as part of a coalition alongside the United Kingdom, Australia, Denmark and Norway has been a rewarding experience in itself. Our armies operate in a similar fashion," he said.

The ANAOA began training female cadets in 2014. It currently has around 30 female cadets going through training and is working towards increasing this to 90 women annually. The academy currently recruits about 1000 male cadets per year.

The training programme includes lessons on leadership, tactics, map reading, field training and physical training. "Although a significant part of the training is integrated, some of the training for female cadets are conducted separately," CAPT Layne said.

"In addition to mentoring ANA instructors, we also conduct some lesson delivery until such time that the female cadets graduate and gain sufficient experience to return as instructors in the future. The intent is for the instructors to attend these lessons so they can learn



and teach next time," she said.

"The female cadets show great enthusiasm and really want to learn. They don't speak any English so we use Powerpoint slides in Dari (the most widely spoken language in Afghanistan) and an interpreter to help overcome the language barrier," she explained.

CAPT Sam said he observed the same eagerness to learn in male officer cadets: "They are full of enthusiasm, which is great to see given the circumstances they will face once they leave the academy

and join the ANA. They display a great deal of passion for the Army and for Afghanistan and are very proud to serve their country."

"They are incredibly fit and often make light work of the rugged terrain and steep hills that surround ANAOA," he added.

For the NZDF personnel who have been working with coalition partners to deliver the course, mentoring the Afghan instructors and cadets is a rewarding experience.

FOREIGN CORRESPONDENTS CONT'D...



“When you see some of the advice and guidance you have passed on applied during training, it can be very rewarding,” CAPT Sam said.

CAPT Layne said her nine-month deployment to Afghanistan, which finishes mid year, is “an eye-opening experience that I will always remember”.

“I most enjoy spending time with the female cadets outside the classroom, where we are able to just talk. I have learnt more from them than any book will ever teach me.”



DSO'S CORNER



Carol Voyce

Deployment Services Officer
Southern Regional Support Centre
Editor "The Bugle"

During my time in this job I have been fortunate to learn so much, meet some great people and witness some amazing things. I have heard and shared many a story along the way. Some happy, some sad! Many have been character building, not just for me, but also for those at home and those abroad. This is an amazing place. Where else would you get the opportunities on offer? We have all learned to better understand separation and challenges to our daily lives. We are stronger for it! We have new skills, new coping mechanisms and a world on our doorstep. Today I can't help but think how lucky we are!

I have many favourite 'heart warming' moments but this would have to rate near the top! It occurred sometime ago now but always brings a smile. Picture this –

Mum and Billy called into my office for some advice. Mum was struggling with the separation and needed some reassurance and a listening ear. (Oh, so common!) Billy and I got chatting. This gorgeous, bright, four year old went to great lengths to tell me his Dad

was working on the other side of the world. "If I wanted to go there to see him it would take me two days in the fastest jet plane to just get to the airport!" he said. "But I am not allowed to go because Dad is really really busy!" He quickly reminded me that his Dad was helping people who didn't have nice houses to live in, nice food to eat or even nice toys to play with. "They don't have blankets and wouldn't even know what a lollipop was" – he said as he slurped on the one I had given him. His facial and verbal expressions were amazing. I asked Billy what his Dad looked like. I meet so many people along the way that I couldn't quite picture this young man's hard working Dad. "Is he as tall as me?" I asked. With that, and leaping onto a chair, gumboots and all he said, "My Daddy is this tall and more –" pointing to the ceiling. "He is the tallest, smartest daddy in the world and I love him." His eyes sparkled and his smile was beaming. "He's got orange fairy footprints on his face" his exclaimed. "I just love him this much and more", he said with his arms outstretched. This description clearly warmed my heart. Billy idolised his Dad and the vision he had so clearly painted and portrayed, illustrated that little Billy was just like many other NZDF children. A scenario probably repeated in many households!

Children just like Billy, separated from the one they love through deployment, are very much aware of the difference their Mums and Dads make abroad. They are their heroes. These little ones are a shining example of courage and bravery too, often carrying a lot on those little shoulders and doing it proudly. They too are our little heroes!

For some of you, the end of a deployment is insight. How exciting that big and little heroes are soon

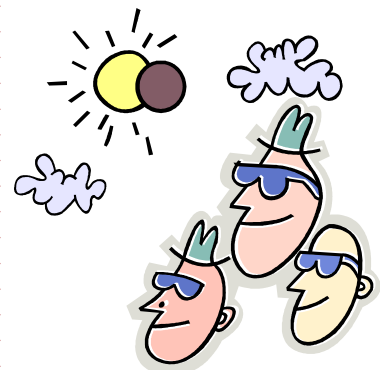
to be reunited. You all get to share the well earned medals! For others, the wait will be equally as rewarding.

Kind regards.

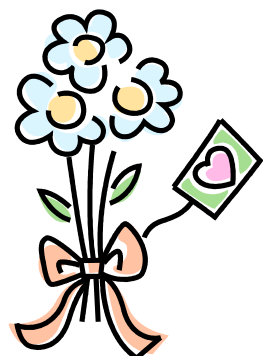
Remember: Be SunSmart: Slip, Slop, Slap, Wrap

Skin cancer is largely preventable if you are SunSmart.

Skin can burn in as little as 15 minutes in the midday New Zealand summer sun.



Enjoy Valentine's Day on 14 February



DSO'S CORNER CONT'D...



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

So would you believe that we are already into the second month of 2016?! School terms have started, in the case of Wellington and Auckland Anniversary weekends – gone already; you will be reading this just after Waitangi Day (and observance long weekend), so that is another of our commemorative days done for the year. All these dates can be considered

‘milestones’ in the deployment journey which can be marked off the calendar bringing homecomings closer. For most of us the time is passing horrendously, scarily, quickly – for some, not fast enough I know. Here is another milestone for you – this is your second Bugle of the year!

Happy Valentines to you all! I know that Valentines are usually directed at couples, but I don't see why you can't send Valentines to all those important people in your lives – so here's to remembering all our mums and dads, our children, our brothers and sisters, and our friends as well.

While I had a long break over Christmas (with only coming in to work a few times), I did manage to make a good dent in the to-do list I mentioned in last month's column. There are still projects which I will now need to work through as and when I can, but the one I am most pleased about is getting the oven cleaned! Left it almost to the last minute, but it is done and now I

don't have to check who might be looking when I open the oven door. But the other day I was flicking through the TV channels, as you do, when I came across a cooking show at the time they were putting something in their oven and while I only got a glimpse, I think that their oven wasn't that pristine either which made me feel quite smug about my own – now.

We are aware that mail continues to be an issue, from incidences at local Post Shops with regards attaching the green Customs stickers, to the delivery of mail to a couple of deployment locations, and then mail back home as well in some cases. We encourage you to continue to feed this back to us so we can pass it on. In the case of Post Shops, it would be very helpful if you get as much information as possible, including the name of the person you are dealing with and the branch.

Hope the hot weather is to your liking and that you are enjoying some lovely summer weather at your place.

An area for NZDF personnel and their families will be available from 9.00am until 4.00pm – just look for all the military vehicles by the big slide. There will be a sausage sizzle from 11.00am until 1.00pm; all you need to do is show your Defence ID – or Janine will be there to assist if you don't carry a dependants ID card.



Esplanade Day 16

SUN 21 FEB
10AM - 4PM
VICTORIA ESPLANADE
PALMERSTON NORTH
DANCE & MUSIC PERFORMANCES
FOOD & STALLS

THE FUNKY BEATLES
THE BIGGEST LITTLE CIRCUS
THE MIGHTY MAUI PUPPET SHOW
STREET PERFORMERS
CLIMBING WALL • HORSE RIDES
FACE PAINTING • KIDS-ZONE

KEEPING THE HOME FIRES BURNING



Hello All,

I can't believe that a month has passed since I last wrote for "The Bugle." I guess we had such a great holiday that seemed to go on forever and the changes in routines were a good distraction. Of course we missed Mick a lot and were constantly talking about him, but it was a great break not only from the every day stuff but from the deployment worries as well. I shouldn't say "worry" but I try not to - I guess that is just a normal thing when you have someone away in a far distant place and for so long!

Lucy and Josh have been excited about going back to school. We have spent a couple of days this week organising uniforms, back packs, shoes and stationery. A tidy sum has been spent. They grow so fast that what you think will still fit never does. I also wonder how many lunch boxes and drink bottles I have bought over time! So next week I will have to set the alarm and get back into the routines of making lunches and getting out the door on time. Guess I can still do it!

I was excited to see that there is another dinner planned for families with

someone away. It's not just the night off cooking and dishes that I like, but also the chance to catch up with others who have someone away as well. There always seems to be lots of chatter and noise and no one wants to go home. I felt sorry for the Mess staff last time as they wiped the tables and watched on, hoping that eventually we would go! I seem to meet someone new each time which is nice. One thing I can say about this deployment is that I have certainly widened my circle of friends and am sure that some will remain so, even when Mick returns. Actually this deployment has got me doing things I wouldn't have done in the past - be it "handyman jobs" or going out to new places. I guess amongst the loneliness I feel at times, I have helped myself too!

This month my friend comes to visit from Australia. Although we keep in touch we haven't seen each other in many years - before children! There will be lots of catching up to do and we have planned lots of outings to show her and her children about. It's been great that Lucy and Josh have made lists of their favourite places and things to do and I am sure they will have fun with

their new found friends!

Mick seems happy in his work and is great at keeping in touch with us all. The mail seems to have been slow at times but it really is the "icing on the cake" when something arrives in the mailbox or the courier leaves a card. Sending small parcels to him is really a family affair and we all have fun making up each little one and trying to think of surprises and favourites. Mick tells us he loves whatever may come his way, but especially the kid's drawings and crafts. We seem to be able to keep the momentum going and there is always something extra to pop in each parcel.

Now that 2016 is here, I am pleased to be able to say that Mick will be home this year. When I do have the occasional "off" day, I remind myself what I have managed to achieve in his absence and feel proud that I have achieved more than I could ever imagine. It has also made me value what we have as a family which is really important for us.

I know some of you have homecomings, sooner than

KEEPING THE HOME FIRES BURNING CONT'D...



us, to enjoy. I am enjoying planning Mick's return even if it is awhile away yet.

Happy school days and returns to routines to you all.

Charlotte

Hello Readers,

Goodness knows where January has gone. My grandchildren and family have returned to England and the fun and distractions they made have now ceased. The house does seem very empty once more. There are little hand prints on the windows which I can't yet bare to wipe off. Silly I guess!

Alf has been busy and still thriving with his job abroad. That gives me lots of reassurance when I hear all is well. I have been lucky to get a few extra phone calls recently. He must have known that I would feel the void keenly when the family left, so seems to have cheered me a long rather than me doing the same for him. I am

still very conscientious with my weekly parcels to him. I must say I get lots of enjoyment packing up a small box and choosing the contents. I also feel as though I am doing my bit to help when he is so far away. I am sure he could manage perfectly well without some of the things I send but it is the thought that counts. I would hate him not to have anything on mail day when everyone else would. I finally did send some home baking and packed it around popcorn in the self seal bag which the DSO suggested. I remember we all laughed when she shared that hint but it does work. Alf got the peanut brownies and was thrilled they were still so fresh. I hope he shared them! In fact I now have an order for Hokey Pokey biscuits so that's my next job! I read recently an article about ANZAC biscuits and why they were sent to servicemen during WW1 and 2. Makes sense as they stayed fresh for a long time and mail was really slow in those days - no

glad bags! I must make some and get them to him in April.

I had a letter from Alf the other day. I can't think of ever getting one from him previously. Maybe the odd postcard but a letter - it was very exciting. I don't expect him to write when he is so busy but it was a real morale booster and I was tickled pink that he took the time and effort to send his Mum a note! I am wondering if any other Mums have been so lucky. I am surely going to save this special one!

I hope you are all well. It will be a busy time ahead for families with young children as you get everyone back to school again. I can only imagine how hard it must be to parent alone. I hope the medals are shared.

Look forward to catching up with you all next month.

Sincerely, Alf's Mum

Need advice, support or information to manage the deployment journey?

Contact Carol Voyce, DSO Burnham 0800 33 75 69 or Janine Burton, DSO Linton 0800 683 77 327

We are here for you!



“EVERYONE SERVES”

YOUR WELLBEING

YOUR WELLBEING

The **MILITARY LIFESTYLE** presents a **UNIQUE** set of **CIRCUMSTANCES** to families, and how well we cope with these is **STRONGLY RELATED TO OUR WELLBEING** and the wellbeing of those around us.

Wellbeing is a complex combination of a person's physical, mental, emotional and social health factors. Your wellbeing is about how you feel about yourself and your life: it's about the whole person.

FOCUS ON CHANGE

FOCUS ON CHANGE

(Author Julia Esprey-Barton)

Source: Defence Family Matters, May 2014

*Some say that a **CHANGE IS AS GOOD AS A HOLIDAY**, while others prefer life to remain consistent. Some people relish the **PROSPECT OF ADVENTURE AND NEW EXPERIENCES**, while others have a natural preference for **PREDICTABILITY, CLARITY AND FAMILIARITY**.*

The reality is that most people find change challenging on some level, and we all manage it differently.

During times of change, it is important to remember that it's not change we tend to resist, but rather transition.

Change is generally tangible and observable. It's moving house, acquiring a new boss, landing a promotion, losing a job, having a baby, facing a deployment.

On the other hand, transition is the process of letting go of the way things were and taking hold of the way they will become.

For some, transition can be a time of confusion and stress. However, remember that transition is a natural process of disorientation leading toward clarity and familiarity.

Feeling confused and stressed during transition is a natural phase toward accepting the change. For some, it is not the change itself that is difficult, it's the process of embracing the 'new normal' that is upsetting.

The paradox is that the very things we wish we could keep the same were originally produced by change, change that may once have seemed daunting and impossible.

We are generally more resilient and capable than we think.

When managing change, it is invaluable to have a positive and flexible approach to new possibilities. Equally important is recognising that transition can be difficult — allow yourself time to adjust and seek support.

As a military family you will become familiar with navigating the highs and lows of new situations. Remaining motivated, focused, and developing a shared sense of purpose as a family will help you embark on each new adventure with confidence and enthusiasm.

SEPARATION ANXIETY: PETS AND DEPLOYMENT



Carol Voyce
Deployment Services Officer

When our "pet owning" service personnel deploy, their pets, particularly dogs; often exhibit a very marked separation anxiety. Absolutely true! I have had numerous discussions with partners and family members about this and not being a dog owner myself, found it somewhat enlightening! In fact, at times hard to comprehend, but it is very real and often difficult for those left at home to actually deal with.

Apparently separation anxiety in pets can be caused by a number of things like a traumatic event, a change in routine, some major life change like a new baby, new house or prolonged absence of the owner. With service personnel deploying for extended periods it seems this separation anxiety can become a very real problem. They tell me that dogs exhibit very marked behaviour changes - ranging from pacing, excessive salivating, destructive chewing, barking, howling, whining,

to digging and scratching at doors and windows in an attempt to reunite with the owner. And the list goes on to include physical symptoms too. Some families have reported that their dogs have needed veterinarian treatment and sometimes medication to make life a little easier for all. It would seem that we have a lot of literature on separations for children and loved ones, but we have overlooked a real problem from man's best friend - the dog!

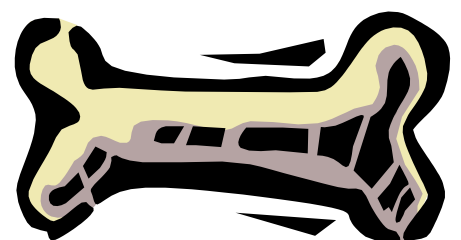
The little, documented literature for separation anxiety in pets, gives good advice about preparing pets for the separation - obviously we prepare families but by the time this anxiety shows in pets it is too late to begin that preparation as the owner has already left our shores. If you are struggling with this phenomenon now, the basics really apply - feeding the dog and leaving home without a fuss, leaving the radio on, providing plenty of exercise, play and fun when you are about and leaving the dog with something to do in your absence - like giving him a cardboard box to shred!

In reviewing the literature, I was amused to read of the lengths our American friends have gone to, to address this problem! The first obviously requires some preplanning. A software package called "Digital Dog sitter" has been created. It works like this - the pet owner records his/her voice to the software. "When the dog is alone, the software listens to the dog and analyses the incoming audio through the computers microphone. Whenever the dog barks or howls, software plays the owner's voice to the dog and the dog stays calm!"

Whatever next you might be thinking - well there is more! If you live in San Diego, a cable based television channel has established "Dog TV". A programme has been created by dog behavioural specialists and is colour adjusted to appeal to dogs. It features segments designed to relax the dog, while exposing them to everyday scenarios. And if you are a fan of "SpongeBob SquarePants" apparently research shows this is a favourite for dogs too!

As a side, apparently horses are infamous for anxiety which is why it's sometimes commonplace to see a goat alongside providing companionship.

I do recall one of our early family deployment update briefs for Afghanistan in Burnham, when one of our Air Force families brought their two extremely large dogs to watch the DVD! We all took a second look when they bounded into the Burnham Camp Conference Centre. I have to say they were very boisterous, but did let out a howl when their "Dad's" familiar voice was heard over the audio. But please, no dogs at our upcoming briefs. Experience shows us that they are somewhat hard to handle in this situation! Janine and I do however look forward to meeting with you in the months ahead - just give the dog a good juicy bone before you leave home!



DID YOU KNOW?

22 February — World Thinking Day

World Thinking Day, formerly **Thinking Day**, is celebrated annually on 22 February by all Girl Guides and Girl Scouts. It is also celebrated by Scout and Guide organizations and some boy-oriented associations around the world. It is a day when they think about their "sisters" (and "brothers") in all the countries of the world, the meaning of Guiding, and its global impact.

22 February was chosen as it was the birthday of Scouting and Guiding founder Robert Baden-Powell and of Olave Baden-Powell, his wife and World Chief Guide. Other Scouts celebrate it as B.-P. Day or Founders' Day.

Most recently, World Association of Girl Guides and Girl Scouts has selected an important international issue as the theme for each year's World Thinking Day, and selected a focus country from each of their five world regions. Girl Guides and Girl Scouts use these as an opportunity to study and appreciate other countries and cultures, and equally increase awareness and sensitivity on global concerns.

World Thinking Day Theme 2016: Connect

This World Thinking Day, Girl Scouts and Girl Guides will explore and celebrate the connections that make life happier. The different kinds of connections you'll be celebrating are:



Connect with me: If we don't take the time to connect with ourselves and understand what we need to be happy and confident, we won't be able to make the difference we want to make in other people's lives.



Connect with friends: Connection is friendship and friendship is happiness. So what makes a good friend? Connect with someone you care about, make a new friend, and explore the relationships that matter to you.



Connect with the world: Look wider and see how you can make a difference in the places you care about. Get to know your community or a place in nature, then look wider still and connect with the amazing world of Girl Guiding and Girl Scouting.



Connect, share, and celebrate! Share your WTD 2016 adventure and connect with Girl Guides and Girl Scouts around the world.

For more information view:

www.girlscouts.org/en/about-girl-scouts/global/world-thinking-day.html

Deployment Support Services

- ◆ Need information?
- ◆ Need support?
- ◆ Need a listening ear?
- ◆ Need to send an urgent message to a deployment location?

Deployment Support Services are here for you

All personnel on deployment and their families have the support of the Deployment Services Officers (DSOs). In addition there is support from Unit Points of Contact (UPOC) and local Welfare Support Services. The nominated Primary Next of Kin (PNOK) of families of deployed NZDF personnel should, in the first instance, contact their DSO who has a responsibility for transparency into welfare issues. Added to this there are other very valuable support networks available in your local region. For additional support and services:

Army:

Deployment Services Officers:

Linton—Janine Burton

Ph: 0800 683 77 327

Burnham—Carol Voyce

Ph: 0800 337 569

Community Services Officers:

Waiohuru—Carolyn Hyland

Ph 06 387 5531

Papakura

Ph 09 296 5744

Defence Community Co-ordinator:

Burnham—Lynne Price

Ph 03 363 0322

Community Services Facilitator:

Linton—Lesley Clutterbuck

Ph 06 351 9970

Family & Community Services

Officer: Trentham—Marie Lotz

Ph 04 527 5029

Defence Community Coordinators

Air Staff Wellington:

Ph: 04 498 6773

Base Auckland:

Sophie Rodie, Ph: 09 417 7000
Extn 7035

Base Woodbourne:

Claudia Baker, Ph: 03 577 1177

Base Ohakea:

Bridget Williams, Ph: 06 3515 739

Naval Community Organization:

Ph: 09 445 5534, 0800 NAVYHELP
nib@nzdf.mil.nz

Local Chaplaincy Services

Unit Point of Contact



PERSONAL MESSAGES

The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**the next edition deadline is 2 March at 4.00pm**). Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)

From In-Theatre



Valentines Message

To the light of my life and the reason I get up in the morning - Knowing you for the last 31 years has been inspirational, and being married to you for the last 20 of those has been wonderful. What a beautiful life and family we have. Let's grow old together. Yours Always xxxx.

G Unit

I miss you all and hope that you are settling back into school well. Please give each of the boysies a big hug from me and no doubt they'll give you some slobbery licks back. Don't forget to help Mum out with your chores. I love you all and can't wait to give you a big hug from me. Take care of each other, Dad xxxx.

To My Babygirl

Happy Valentine's Day to the sweetest valentine I could want. You are my sweetheart and I am so glad you are mine. A Day without you is a day without Sun. A night without you is a night without Moon. A life without you is a life without life.

I love you so very much my darling and can not wait to be back in your arms again. XOXOXOXOXOXO.

From Home

Hello Alf

Yes I will frame it! Thanks for your great letter. I enjoyed hearing from you – it was very special. Look after yourself, Love Mum and Dad.

Happy Birthday DD

Wishing you a very happy Birthday on the 16th. Enjoy your day. We will be thinking of you. Love Mum, Dad, Sue, Michelle and Dave.

Happy Birthday DD

Missing you on your special day. Love you. Kirst xx.

Happy Valentine's Day Babe

Wishing you a great day. Will be looking out for the roses! Love you. Jen xx.

Hi Dad

We are home again. Mum got me a new school bag and a new lunch box and drink bottle. They are all purple because that is my favourite colour. I hope I get to sit next to Sara in my new classroom. I will let you know. We had a fun holiday but missed you. Lots of love from Lucy xxx.

Hello Dad

My skateboard is still cool. I went to the park and did some amazing jumps. I can't wait for you to come home so I can show you how good I have got. I hope I don't wear the wheels out! Got stuff ready for school next week. I think we have the athletic sports in March and swimming sports in February. We won't have to do much work with all that, will we? Miss you Dad. See you on Skype, Josh.

Aunty M

I hear she is going away again and that there is a substitute coming to stay. Not sure that I am entirely

happy about that but I might be able to manipulate her into my way of thinking and get her to understand that I have major dietary requirements. Call by and oversee things if you want but please be on standby. I might just need you. Love BRV.

It's Valentines Day soon

Have a great day Bertie. I love you and miss you. Sending lots of special thoughts your way. Love always, Barb.

Bud

Happy Valentine's Day to you wherever you are. Always in my thoughts. Bud xx.

Another Valentine's Day that you are not home Bennie

Just send the Roses and lots! Maybe a few chocolates if you can manage those too! Love you Liz xx.

BB

Sending our love your way and always thinking of you and the hard work you are all doing. Love from Nana and Pop.

Hey Mick

Holidays nearly over! We missed you but still managed to have loads of fun. Those kids of yours were very spoilt though. Now back to the every day stuff. Catch up soon. Love Charlotte. Xxoo.

Master

Not one to tell tales but tails have been wagging at our place of late. I have been a bit of a lucky dog and had a few juicy bones come my way of late. Not sure where she got them from but what a great treat! I have managed to dig a few holes and store them up for when times are lean! I have been on the odd escape but they seem to always find me and drag me home. I just slink my way into the kennel but all

PERSONAL MESSAGES CONT'D

is forgiven rather quickly because they just love me. Hope you are good. See you in a few months. Rover xx.

Hey Babe

Hope you got my parcel and the photos. This month has gone quite quickly and we all seem settled back at work and holidays seem a distant dream. Good to have the pay rolling in though. They say the best way to get back to work is to start planning the next holiday so I am working on our plans for when you are back. Will be sending the ideas your way soon. See you in a few months. Love Babina xx.

Daddy

I love you. Come home soon. From Sam xxx..

Hello Mumma

Crikey is about all I can say to the going's on this week! Aunty M gave

me lots of treats while you weren't looking hehehe and I know you will be ok with this, just this once. By the way, you looked super in your "outfit"! And Aunty M said she was a bit "green" on the drive home, what is with that?! Love you Mumma and I hope you get better soon.

It's Valentine's Day

And you are there and I am here! Not supposed to be that way. Sending all my love and missing you. Rosalyn xx.

To our Daddy Babe

We loved our postcards so we thought we'd send you a special message too! We miss your smile and big hugs! Mum's puku is growing! You'll have a big smile when you see her. I like being in Room 4 now and I am allowed to email you from my own email later when I learn how to. Mk is the

oldest in her class now. She's the best helper for her teacher. Her writing is getting good. We always hope you have a good day Daddy Babe and are counting down until you return home to your famz. E kore e mimiti te aroha mou. Xx. Jay, WR, MK and puku.

Hey Love

wow 3 months gone already I cannot believe how fast it has flown by. We are now at the halfway hurdle! Anyway February is the month of love.... Pahaha. Happy Valentine's Day! Have a lovely lonely day as I will be also. More occasions to make up for. I'm writing this before I go to bed so have no idea what I am saying. We both miss you loads, this kid doesn't shut up about you even though he doesn't talk much on Skype to you. Cannot wait until we are all together again. We love you endlessly. BabyGirl + Midget xo.

Valentine's Day — Fact or Fiction?

Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Emperor Claudius II decided that single men made better soldiers than those who were married. With this thought in mind he outlawed marriage for young men in the hope of building a stronger military base. Supposedly, Valentine decided this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found out about Valentine's actions he had him put to death.

Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.

Perhaps we will never know the true identity and story behind the man named St Valentine, but this much is for sure ... February has been the month to celebrate love for a long time, dating back to the Middle Ages. In fact, Valentine ranks second only to Christmas in the number of greeting cards sent.

Another Valentine gentleman you may be wondering about is Cupid (Latin cupido, "desire"). In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, God of Love. Cupid is often said to be a mischievous boy who goes about shooting people with his bow and arrows.

A young girl was supposed to marry, eventually, the first eligible male she met on this day. If a girl was curious and brave enough she could conjure up the appearance of her future spouse by going to the graveyard on St Valentine's Eve at midnight. She would then sing a prescribed chant and run around the church twelve times.

In England little children went about singing of St Valentine and collecting small gifts. It was also customary to place valentines on their friends' doorsteps.

It was thought that birds chose their mate for the year on February 14. Doves and pigeons mate for life and therefore were used as a symbol of 'fidelity'.